



STATE EMPLOYEE HEALTH PLAN

DIRECT BILL NEWS FEBRUARY 2012

DIRECT BILL TOLL FREE—1-866-541-7100
TOPEKA AREA—785-296-1715



Table of Contents

| | |
|-------------------------|------|
| Health Screenings | 1 |
| HealthQuest | 2-3 |
| Billing Reminder | 4 |
| Dependent Documentation | 4 |
| Survey Responses | 5 |
| Long Term Care | 6 |
| Word Search | 7 |
| Caremark | 8-12 |

Health Screenings Offered Statewide at No Cost to Members



A total of 191 events are currently being offered in 62 cities for members of the health plan to obtain their biometric values needed to complete an online health assessment (worth 10 credits for the HealthQuest Rewards Program). For a full list of all the screening locations, go to www.kdheks.gov/hcf/healthquest/screening.html and select the list sorted by city to locate screening events in your area.

By participating in a health screening, you will receive important health information such as:

- **Total cholesterol, HDL, LDL and total cholesterol to HDL ratio**
- **Triglycerides and glucose**
- **Systolic and diastolic blood pressure**
- **Height, weight and body mass index (BMI)**
- **Waist circumference**

To schedule an appointment for a free health screening, please log into your account (or register a new account if you do not have one) on the wellness portal at www.KansasHealthQuest.com. Once you are logged in, click on "Health Screenings" from the left menu and then select "Onsite Screenings." If you do not have internet access, please call toll-free 1-888-275-1205 and select option 5 for assistance making an appointment.

Participate in the HealthQuest Rewards Program



Members enrolled in the medical portion of the State Employee Health Plan have an opportunity to earn credits by participating in wellness activities offered through their benefits plan. Visit the HealthQuest Rewards Program website for more details:

<http://www.kdheks.gov/hcf/healthquest/rewards.html>

Members may select from a wide variety of online, telephonic and in-person programs to earn credits as shown in the chart below. Credits are tracked on the member portal at www.KansasHealthQuest.com.

.....

HealthQuest Rewards Chart

| Earning Period: October 1, 2011 – July 31, 2012 Goal = 20 Credits | Credit Value | Credit Max |
|--|---------------------|-------------------|
| Health Screening & Health Assessment (in-person/portal) | 10 | 10 |
| Tobacco Cessation Program Completion (telephonic) | 10 | 10 |
| Condition Management - Enrollment + 1 call (telephonic) | 10 | 10 |
| Preventive Exams - Well-Woman/Well-Man (in-person/self-reported) | 5 | 5 |
| Preventive Exams - 2 Dental/Year, 1 Vision/Year (in-person/self-reported) | 5 | 15 |
| Healthy Living Programs (portal) | 5 | 15 |
| Health Coaching - 8 Interactions (telephonic, email, IM chat) | 5 | 5 |
| Wellness Challenges (portal) | 5 | 15 |
| Online Monthly Seminars (portal) | 2 | 6 |
| HealthQuest Approved Activities (in-person, online, telephonic/self-reported) | 2 | 6 |
| Total Credits Possible = 97 | | |
| Total Credits Required = 20 | | |



Participate in the Heart Smart Challenge During the Month of February - Worth 5 Credits!

February is American Heart Month and this wellness challenge is designed to help participants build two heart smart activities into their lives: physical activity and a healthy diet. Physical activity can reduce or eliminate many risk factors such as high blood pressure, diabetes and excess weight. A healthy diet includes plenty of fruits and vegetables that provide a range of nutrients your body needs to maintain good health, protect against the effects of aging and reduce the risk of cancer and heart disease.



To successfully complete this wellness challenge, you will need to earn a total of 30 points by February 29, 2012. An optional activity is the blood pressure check. Participants can earn points for having their blood pressure checked at home, by a physician, or free at many pharmacies and grocery stores. Each of the activities listed below is worth one point per day:

- ◆ **Eating 1 cup of fruit**
- ◆ **Eating 1 cup of vegetables**
- ◆ **Completing 20 minutes of physical activity**
- ◆ **Checking your blood pressure**

All daily points earned need to be entered on the wellness portal at www.kansashealthquest.com by March 7, 2012. Log in, click "Challenges" from the left menu, and select "Heart Smart." By completing the challenge you will earn 5 wellness credits for the Health-Quest Rewards Program!



For more information on this and other challenges, please go to <http://www.kdheks.gov/hcf/healthquest/challenges.html>



Reminder About Billing

With the new year in full swing, you may have noticed a difference in your premium billing rate. These rates were approved for the 2012 Plan Year by the Kansas Health Care Commission (HCC) and became effective as of January 1, 2012.



Direct Bill members enrolled in either Plan A or Plan B no longer need to declare their tobacco status. The discount has already been figured into the premium rates. The premiums shown on Comparison Chart 1 of the "Direct Bill Non-Medicare Options for Plan A, Plan B and other Information" booklet reflect the discounted amount.

If you have any concerns about your billing, you should always call **Hewlett-Packard** (or **HP**) at **1-866-688-5009** and have your account information ready.



Dependent Documentation

Last year, the Kansas Health Care Commission authorized the State Employee Health Plan (SEHP) to conduct an audit of our entire membership. The focus of this audit was to ensure that any eligible dependents covered under the plan have the appropriate documentation on file with the SEHP.

In light of this audit, if you receive a letter from the SEHP requesting documentation, please follow the directions given and submit your dependent documentation as soon as possible. ***It is imperative that you do this!*** If documentation is not provided when requested, these dependents could face removal from the plan.



If you have not yet received a letter—**no action is necessary!** That means we already have the documentation we need for your dependents, and you do not have to send in any documents. You should only send documentation to the SEHP if it is requested via our letter.

If you have already sent in documentation, we have received and processed it accordingly.
We appreciate your time in helping us to gather this important information!





Plan Year 2012 Open Enrollment Survey Responses

Every year, the State Employee Health Plan (SEHP) seeks to improve its open enrollment process based on feedback we gather from our Direct Bill Members. This past year, based on requests to conduct the survey earlier, we released the Open Enrollment Survey in October. It was included in the October edition of the newsletter, as well as made available online via our website. The survey officially closed on January 20th, 2012. After compiling the results, we would like to share some of the major trends given by respondents.

Based on given responses:

- ♦ **The Open Enrollment materials were understandable and helped the majority of members to make informed decisions.**
- ♦ **The Open Enrollment comparison charts were useful in helping the majority of members make informed decisions.**



- ♦ **Most members prefer printed material sent via postal mail rather than using information on the SEHP website.**
 - ♦ **Most members have been satisfied with the quarterly newsletter and with the amount of other communication they receive from the SEHP.**
 - ♦ **Over 80% of respondents believe the SEHP currently offers the appropriate amount of Vendors and Plan Design options.**
-
- ♦ **The "Level of Benefits" made the greatest impact on what plan a member chose, followed by "Cost."**
 - ♦ **Overall, the majority of Direct Bill respondents were completely satisfied with the Open Enrollment process.**

We would like to thank everyone who took time to participate and offer their responses. We appreciate your input!





Voluntary Group Long Term Care Insurance Program

Just a reminder that the State Employee Health Plan does offer a voluntary Group Long Term Care (LTC) Insurance Program offered through Genworth Life Insurance Company. The voluntary LTC insurance program is available to State of Kansas Retired employees and certain family members between the ages of 18 and 80 with specific underwriting requirements.

Retirees and their family members must satisfy full underwriting requirements. Further information about the voluntary LTC insurance program is available at:

- 1) Call the Genworth toll free line at 1-888-285-4889 to speak to a program expert or request an information kit
- 2) The Genworth Employee website to view rates, plan options, and to enroll:
www.genworth.com/groupltc

Enter Group ID: KAN

Access Code: groupltc

Enter your State of Residence and your applicant type which is "Other" since you are no longer an active full time employee. Spouses and other family members of retirees should also use the applicant type "Other"



- 3) Visit the SEHP website:
www.kdheks.gov/hcf/sehp/GroupLTC.htm

.

Important Reminder about Your Mailing Address & Contact Information

Please be sure that your most current physical address, phone number and e-mail address (if you have one) is on file with the SEHP. This is to ensure that you receive important information about your Direct Bill health insurance in a timely manner.

Call our Direct Bill Toll Free line at 1-866-541-7100 to speak to a Direct Bill Specialist to update your contact information.



Word Search

State Employee Health Plan

Newsletter Highlights

V V C P A R F O R P W I N T E R Z X
F P F O H Z F P O L A R B E A R S N
S N J I E S Y U M L C O S R P P C H
K U K N A N D C X P R O G R A M R L
I U C T L O A M E S M A K Y P P E X
I V D S T W C G L R F I B F S M E I
N G R E H F A V I U T H T P F K N M
G Q A F Q L R P R F R I H T R B I F
G R W D U A A C U O T H F V E U N Z
I D I G E K T N D B H C K I R N G N
U E N E S E E Z T V R B A M C T H T
K L G W T E S A E A U E J R Y A K W
D O C U M E N T A T I O N B D L T E
D E P E N D E N T M B I L L I N G E
H E A R T D R H H R E W A R D V H B

HealthQuest

Drawing

Dependent

Mitten

Gift Card

Screening

Documentation

Skiing

Reward

Heart

Certificate

Polar Bear

Program

Billing

Winter

Points

Rates

Snowflake

See if you can find all the key terms listed above, many of which were focused on in this edition of the Direct Bill Newsletter.



Building Better Health for **Seniors**

January - February 2012

New Limits on Simvastatin Use

Simvastatin is a prescription medicine used to reduce the risk of heart attack and stroke in some patients. Along with diet and exercise, it helps lower bad cholesterol (low-density lipoprotein [LDL] cholesterol). It is sold as a single-ingredient (either as the brand-name Zocor® or as a generic drug) and combined with either ezetimibe (Vytorin®) or niacin (Simcor®).

Like all medicines in the statin class, simvastatin may cause muscle injury (myopathy). The effects of myopathy range from muscle weakness or pain for no reason to kidney damage or death. Muscle injury is more likely if you take 80 mg each day or if you use simvastatin with certain other medicines at the same time.

To help lower the risk of muscle injury, the FDA has placed new limits on using 80-mg doses of simvastatin. Ask your doctor about changing to another cholesterol-lowering medicine if:

- Your cholesterol is not controlled on the 40-mg dose
- You have been taking 80 mg and need to start taking another medicine that may interact with simvastatin

If you have been taking 80 mg for at least a year and have not had muscle injury, you may continue to take it.

Call your doctor right away if you have muscle pain, tenderness or weakness, dark or red-colored urine, or are tired for no reason. Talk to your doctor or pharmacist if you have any questions.

Brought to you by
Kansas State Employees
Health Care Commission:



BUILDING BETTER HEALTH FOR SENIORS

Ask an Expert



Question: I've heard I need to be careful of carbon monoxide (CO) poisoning in the winter months. What is it?

Answer: Carbon monoxide (CO) is a gas that you can't see or smell. Burning a fuel such as gas, oil, wood, or charcoal produces CO. Things such as cars, gas-powered stoves, home heating systems, fireplaces, and gas or kerosene space heaters give off CO. CO gas can build up in closed-in spaces. Breathing in large amounts of CO can be deadly, killing a person within minutes. At lower levels, it can make you feel short of breath, nauseous, dizzy, or confused. It can also give you a headache or make you faint.

Question: What steps can I take to prevent CO poisoning?

Answer: Install a battery-operated CO detector in your house to alert you if CO levels get high. Remember to replace the batteries twice a year. Have your fuel-burning appliances and fireplace chimney checked once a year by professionals to make sure they are working and vented properly. Do not run a car in a garage attached to a house or with the door closed.

For more information, visit the Consumer Product Safety Commission website at www.cpsc.gov.

In the News

Erythropoiesis-stimulating Agents (ESAs) in Kidney Disease

The FDA has recommended more conservative dosing of erythropoiesis-stimulating agents (ESAs) for people with



long-term kidney disease. Doctors no longer should adjust ESA doses to keep hemoglobin levels at normal or near-normal amounts. Instead,

doctors should use the lowest ESA dose that reduces the need for a blood transfusion.

Over time, people with long-term kidney disease are unable to make red blood cells and develop a condition called anemia. ESAs are used to treat anemia. But, ESAs may also increase the risk of problems such as blood clots, heart attack, stroke, and death.

Discuss the benefits and risks of using ESAs with your doctor. Tell your doctor about all your health conditions, especially heart disease, high blood pressure, seizures, or stroke. Also, list all the prescription and over-the-counter medicines, vitamins, and supplements you take.

Epogen®, Procrit®, and Aranesp® are the ESAs sold in the United States today.



Generic Medicine Update



Generic medicines have the same active ingredients, dosage forms, and strengths as their corresponding brand-name medicines. They meet the same quality

standards and are as safe and effective.

Why do they cost less? The companies that make generic medicines save on the cost of research and development that was performed by the company that makes the brand-name medicine. This means they can sell the generic medicine for less. You may have a lower copayment* for a generic medicine.

The following are some generic medicines that have recently become available. Talk to your doctor or pharmacist to see if taking a generic medicine is right for you.

| Brand Name | Generic Name | What It May Be Used For |
|------------|--------------|---|
| Levaquin® | levofloxacin | Infections such as sinusitis, pneumonia, or urinary tract infection (UTI) |
| Uroxatral® | alfuzosin | Benign prostatic hyperplasia (BPH) |

This table contains references to brand-name prescription drugs that are trademarks or registered trademarks of pharmaceutical manufacturers **not affiliated with CVS Caremark.**

* Copayment, copay, or coinsurance means the amount a plan member is required to pay for a prescription in accordance with a Plan and may be a deductible, a percentage of the prescription **price, a fixed amount, or other charge, with the balance, if any, paid by a Plan.**

Staying Healthy

How to Properly Wash Your Hands

Did you know that washing your hands is one of the best ways to avoid getting sick and avoid making others sick? Germs can hide on many objects we touch every day. So, it's important to wash your hands well to keep them clean.

To stop germs from being passed around to your family and friends, make frequent hand washing a rule for everyone. For example, always wash your hands before cooking and eating; after using the bathroom; after touching garbage; and after blowing your nose, coughing, or sneezing.

Here are some simple steps you can follow to make sure you're washing your hands the right way:

1. Wet your hands with water.
2. Add soap and rub your hands together for 20 seconds. Scrub all parts of your hands—your wrists, between your fingers, and under your fingernails.
3. Rinse your hands well under warm water.
4. Dry your hands with a clean towel or an air dryer. If you can, use the towel to turn off the faucet.

It's usually best to wash your hands with soap and water. But, if you don't have soap, you can use an alcohol-based hand sanitizer. Check the label to make sure it has at least 60% alcohol. Apply it to your hands, and rub them together until they are dry.

January-February 2012

Building Better Health for Seniors™ is published by CVS Caremark for the benefit of its clients and plan members. The information provided by this publication is intended to educate readers about subjects pertinent to their health and is not intended to be a substitute for consultation **with their doctors. Your specific prescription benefit plan design may not cover certain drugs or** categories of drugs, regardless of their appearance in this document. A reference to a drug does not guarantee coverage.

CVS Caremark does not operate the websites/organizations listed here, nor is it responsible for the availability or reliability of their content. These listings do not imply or constitute an endorsement, sponsorship, or recommendation by CVS Caremark. Information from these websites/organizations **is not a substitute for medical advice or treatment. Discuss any information you find with your** doctor or health care professional.

©2011 Caremark. All rights reserved.
5250-22190081b



Department of Health
and Environment
Division of Health Care Finance



STATE EMPLOYEE HEALTH PLAN
MEMBERSHIP SERVICES—DIRECT BILL
RM 900-N, LANDON STATE OFFICE BLDG.
900 SW JACKSON STREET
TOPEKA, KS 66612-1251

PRESORTED
STANDARD
US POSTAGE
PAID
PERMIT 157
TOPEKA, KS
